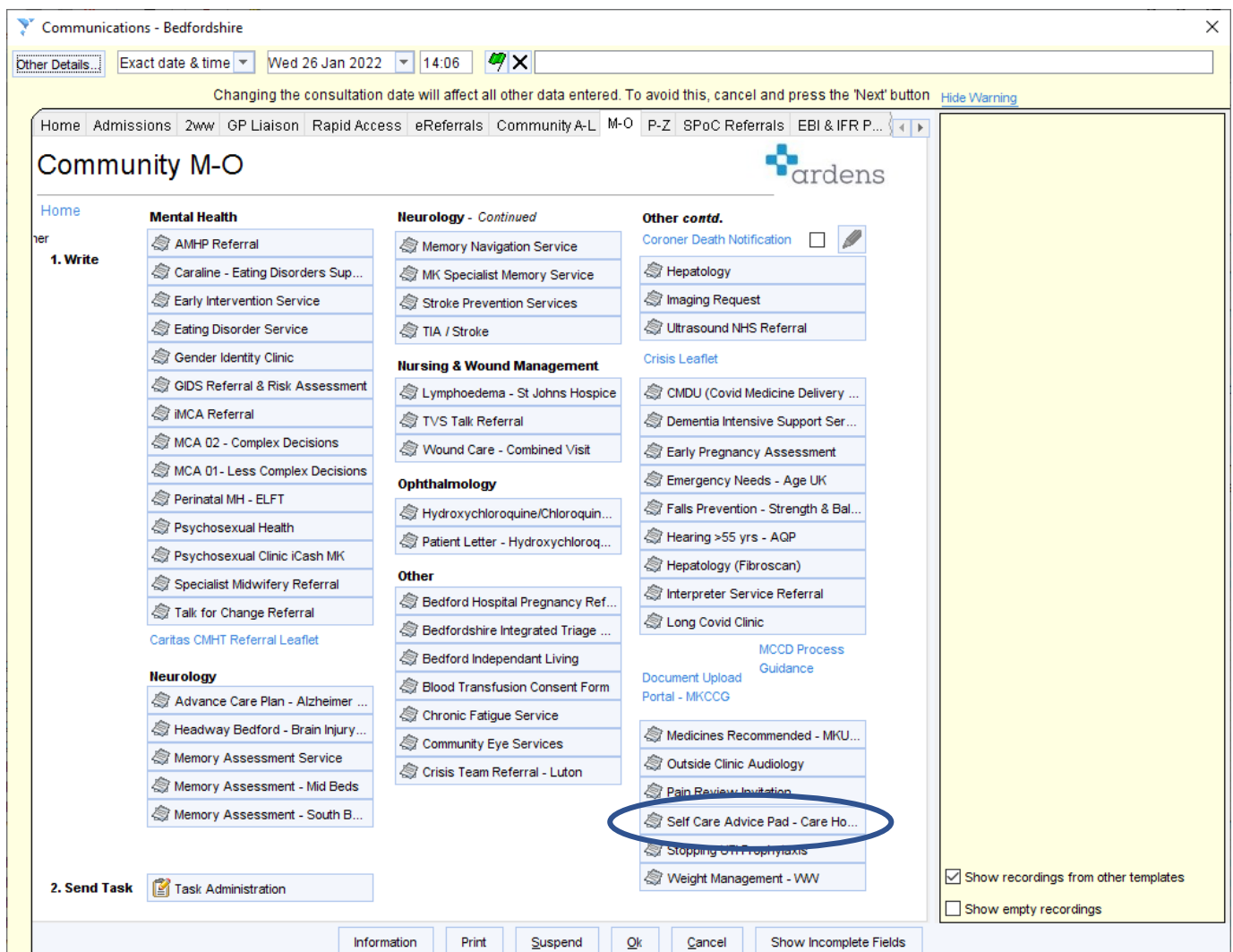
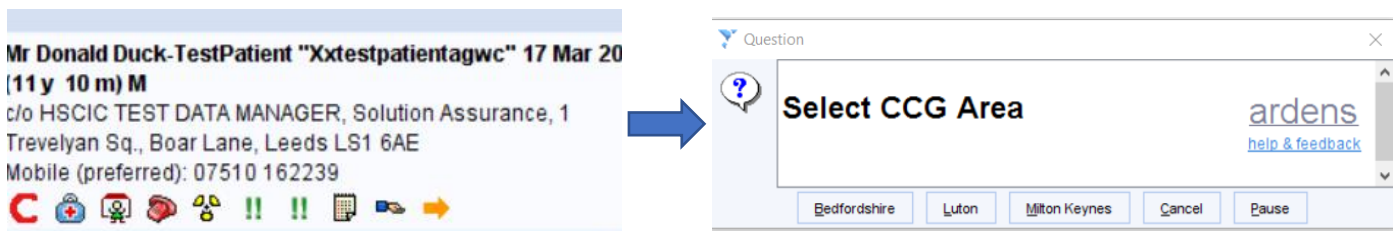


The BLMK CCG Self-Care toolkit for care homes contains a Self-Care advice pad and leaflet which can support with the self-care agenda.

The Self-Care advice pad for Care Home product purchase (with leaflet) can be found on SystmOne in:

- 'Communications & Letters' in the Ardens folder within Referrals Bedfordshire/Luton/Milton Keynes
- or in
- Communications – Bedfordshire/Luton/Milton Keynes template (see example below)
- or via
- 'OTC Medication' template via search function (see page 2)

Select orange arrow in demographic box > choose CCG area > Community O-Z> Self Care Advice pad is found in the 'Other' section, as per below:



Ardens 'OTC Medication' template:

OTC Medication

Other Details... Exact date & time Tue 25 Jan 2022 16:49

Changing the consultation date will affect all other data entered. To avoid this, cancel and press the 'Next' button [Hide Warning](#)

OTC Meds

OTC Medication

ardens help & feedback

Advice to use OTC medication Patient Leaflet **CCG Preferred Choices** Community Pharmacist Con...

Analgesia	Co-codamol 8/500
Codeine	Ibuprofen Gel, Diclofenac Gel, Ibuprofen
NSAID	Paracetamol
Paracetamol	Topical rubefaciants
Other	
Eye & ENT	Paracetamol, ibuprofen, cough and cold remedies, sore throat lozenges
Cough, Cold & Sore Throat	Sodium bicarbonate ear drops, Olive oil ear drops
Ear wax	Lubricating eye drops
Dry Eyes/Sore(tired) eye	Chloramphenicol eye drops and ointment
Conjunctivitis	
Hay Fever & Allergies	Ceterizine, Loratadine, Acrivastine, Chlorphenamine
Tablets/Solutions	Beclometasone, Fluticasone Propionate, Xylometazoline
Nasal Sprays	Sodium cromoglicate eye drops
Eye Drops	
Gastrointestinal	Glycerol Sup., Senna, Docusate, Bisacodyl, Sodium picosulfate, Ispaghula husk, Macrogol
Constipation	Loperamide
Diarrhoea	Hirudoid cream, Haemorrhoids suppositories and creams
Haemorrhoids	Ranitidine, Esomeprazole, Pantoprazole, Antacids
Indigestion	Mebendazole
Threadworm	Promethazine, Hyoscine, Cinnarizine
Travel sickness	Simethicone suspensions, lactase drops
Infant Colic	
Skin	Benzoyl peroxide cream, Nicotinamide gel
Acne (mild)	Tolnaftate Foot Powder, clotrimazole cream, amorolfine nail lacquer
Athlete's foot / fungal nail	Docosanol 10%, Aciclovir 5%
Cold sores	Emollients, Steroid creams
Contact Dermatitis	Coal tar shampoo, ketoconazole shampoo, selenium shampoo
Dry, itchy scalp, dandruff	Skin moisturisers such as bath oils, shower gels, creams and ointments
Dry skin	Malathion, Dimeticone, Permethrin
Head lice	Clotrimazole cream, Miconazole cream, Metanium, Sudocrem
Skin and nappy rash	Clotrimazole internal and external cream, Clotrimazole pessary, Fluconazole capsule
Vaginal thrush	Salactol wart paint, Salicylic acid
Warts and verrucae	Antiseptic Burns Cream, Cooling burn gel
Minor Burns and Scalds	

[NHSE Leaflet](#)
[NHSE Guidance](#)

Show recordings from other templates
 Show empty recordings

Information Print Suspend Ok Cancel Show Incomplete Fields

Preferred Choice - Bedfordshire, Luton & MK CCG

Other Details... Exact date & time Tue 25 Jan 2022 16:49

Changing the consultation date will affect all other data entered. To avoid this, cancel and press the 'Next' button [Hide Warning](#)

Home

BLMK Preferred Choice

ardens help & feedback

Care Homes

- [Care Homes Information](#)
- [Covert Administration Review Form](#)
- [Self Care Toolkit](#)
- Self-care advice for product pu...**

Nutrition

- [Bedfordshire Infant formula guidelines](#)
- [Milton Keynes Infant formula guidelines](#)
- [Oral Nutritional Supplements](#)

Opioids

- [Opioid information](#)

Ophthalmology

- [Dry Eyes](#)

Show recordings from other templates
 Show empty recordings

Information Print Suspend Ok Cancel Show Incomplete Fields

Create as 'New letter' by clicking on 'Write now'

Self-Care advice pad opens as below

Medical condition	Treatment suggested	Directions – either: Tick "as per packet" or if other specify	Duration of treatment
Acute sore throat	<input type="checkbox"/> Lozenges <input type="checkbox"/> Throat spray	As per packet <input checked="" type="checkbox"/> Other: <input type="text"/>	Choose item.
Infrequent cold sores of lip	<input type="checkbox"/> Antiviral cold sore cream e.g. aciclovir	As per packet <input type="checkbox"/> Other: <input type="text"/>	Choose item.
Conjunctivitis	<input checked="" type="checkbox"/> Antibacterial eye drops or ointment e.g. chloramphenicol <input type="checkbox"/> Non drowsy cough mixture e.g. glycerol	As per packet <input checked="" type="checkbox"/> Other: <input type="text"/> 7 days	Choose item.
Coughs and colds and nasal congestion	<input type="checkbox"/> Saline nasal drops <input type="checkbox"/> Menthol vapour rub	As per packet <input type="checkbox"/> Other: <input type="text"/>	Choose item.
Haemorrhoids (piles)	<input type="checkbox"/> Haemorrhoid cream or ointment	As per packet <input type="checkbox"/> Other: <input type="text"/>	Choose item.
Mild cystitis	<input type="checkbox"/> Sodium bicarbonate sachets <input type="checkbox"/> Potassium citrate sachets	As per packet <input type="checkbox"/> Other: <input type="text"/>	Choose item.
Mild Irritant Dermatitis	<input type="checkbox"/> Emollient <input type="checkbox"/> Steroid cream e.g. hydrocortisone	As per packet <input type="checkbox"/> Other: <input type="text"/>	Choose item.
Dandruff	<input type="checkbox"/> Anti dandruff shampoo e.g. coal tar shampoo	As per packet <input type="checkbox"/> Other: <input type="text"/>	Choose item.
Diarrhoea (Adults)	<input type="checkbox"/> Loperamide 2mg capsules <input type="checkbox"/> Rehydrating Sachets	As per packet <input type="checkbox"/> Other: <input type="text"/>	Choose item.

Click on 'Form Protection' button to allow completion of the advice pad.

Please ensure all resident and HCP details are complete at the top of the form.

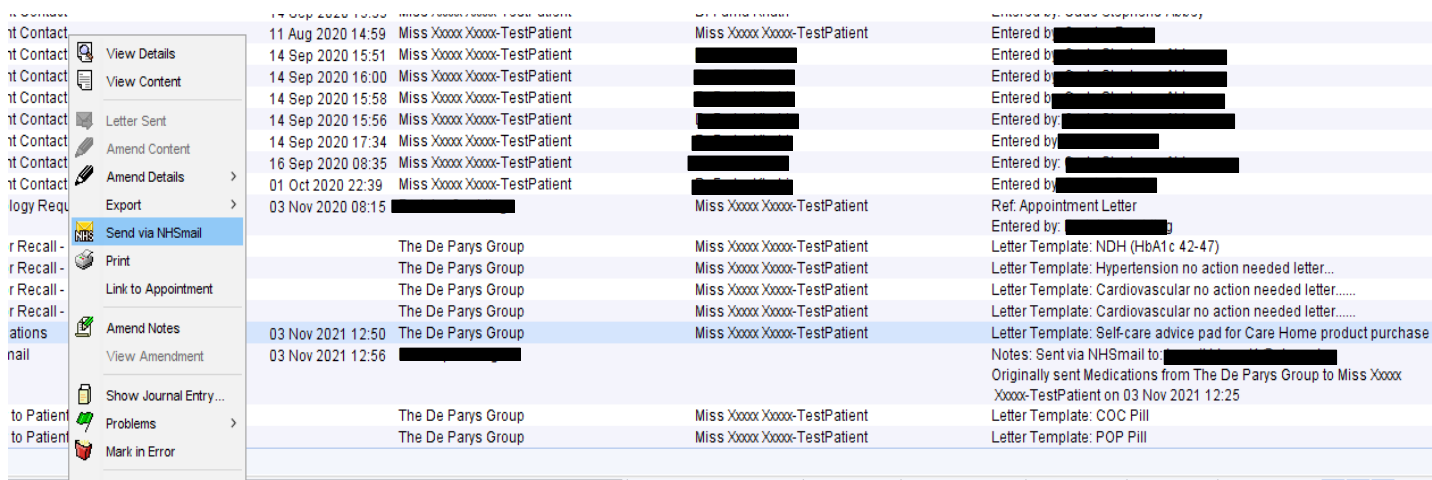
Select relevant Medical condition, treatment from suggested list, add directions and duration of treatment from pull down tab.

Click on 'Form Protection' button again to save final version of document.

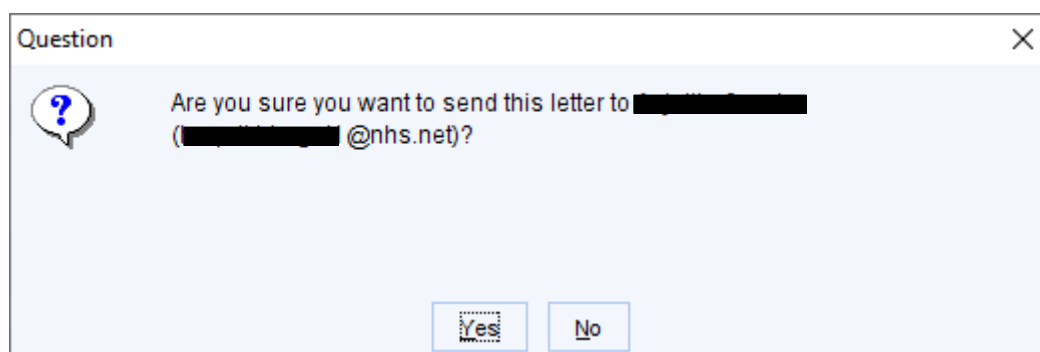
Sending Self-care advice pad to care home via secure NHS email:

Saved document can be emailed to the care home via secure NHS net email by right clicking on the letter in the tabbed journal and selecting 'Send via NHSmail'.

Practices can save NHS email addresses for their aligned care homes in their own 'Address book' in the 'Organisation Contacts' tab.



You will be asked to confirm whether you would still like to send the email to the named care home and NHS mail address (as below)



A brief email can be composed, and the Self-Care advice pad will be attached. This will be sent directly to the care home NHS mail address once the patients record is saved. The Self-Care advice pad can be viewed in the patient record for future reference.

